SNUFFLE MAT

Materials Needed

- A flat piece of sturdy cardboard (about 12 x 12 inches, tape and labels removed)
- Fleece fabric (fleece won't fray, so no loose threads)
- A pen or skewer to poke holes
- Scissors
- Small dry treats or kibble, plus optional catnip or silvervine

Why it works: Nosing through the fleece to find hidden food taps into natural foraging, burns mental energy, and is soothing for anxious cats.



Foraging the way nature intended.

Step-by-Step Instructions

1. Poke the Holes

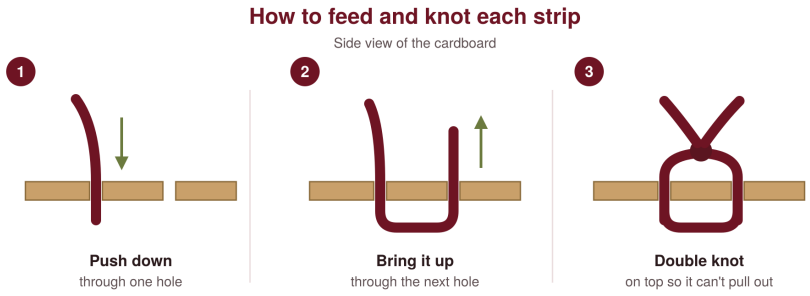
- Use a pen or skewer to poke holes across the cardboard, about 1–2 inches apart.
- Work in neat rows, and leave about an inch clear around the edges so the board doesn't tear.

2. Cut the Fleece Strips

- Cut lots of thin strips, about 1 inch wide and 6 inches long. You'll need more than you think!
- Mixing colours makes it look great, but the cats won't mind either way.

3. Feed and Knot

- Push a strip down through one hole and back up through the next one.
- Tie the two ends in a tight double knot on top so the strip can't pull out.
- Repeat until the board is covered in a thick, fluffy layer. The fuller it is, the better it hides treats.



4. Hide the Treats

- Sprinkle treats over the mat and work them down between the strips with your fingers.
- Start shallow for beginners, then bury them deeper as cats get the hang of it.

5. Use and Care

- Supervise use, and skip it for any cat known to chew or eat fabric.
- Shake out crumbs after use. The cardboard can't be washed, so replace the mat once it's soiled or worn.
- In a shared room, put out more than one so every cat gets a turn.

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